

Notes and Quotes - 3-25-07

Matt 5.27-30 - "You have heard that it was said, 'You shall not commit adultery.' 28 But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. 29 If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. 30 And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell

One Christian writer comments / warns us that - the more common way men get into trouble evolves from **hundreds of tiny decisions—decisions that go undetected**—that slowly, like water tapping on a rock, wear down a man's character. Not blatantly or precipitously, but subtly, over time, we get caught in a web of cutting corners and compromise, self-deceit and wrong thinking, which goes unchallenged by anyone in our lives... - Pat Morely

1 Cor. 10.13 - says - No temptation has seized you except what is common to people. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

Contemplative Living – Living in a moment to moment, divine-guided *attentiveness* to the Self, the World, and God's presence and then being able to *respond* to the movements of the Spirit with all the Power, Character and Tools God has given us - in the moment

Spiritual Disciplines are those spiritual exercises that we engage in to give God the space, time, and attentiveness to make us more like Jesus and to create a greater intimacy with Him. They are means by which we participate *with* God in order to be changed *by* God

Examen of Consciousness invites us to reflect, examine, and discover how God has been **Present** to us throughout the day AND how we have **Responded** to His presence.

Examen of Conscience - is where we acknowledge, discover, uncover those areas that need confession, cleansing, healing.

Psalms 139:23-24 - ²³ Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting.

Psalms 119:59 - ⁵⁹ I have considered my ways and have turned my steps to your statutes.

Suggested Guidelines to the Prayer of the Examen*

Examen comes from the Latin referring to the tongue or weight indicator on a balance of scale, hence **conveying the idea of an accurate assessment of the true situation.**

1. Preparation:

- Take a few moments to sit in Silence and Stillness (Use a Centering Prayer)
- Invite the Holy Spirit to fill your heart and mind.

2. Review the last 24 hours or an Event or Period of Time:

- Review the past 24 hours or choose an event or period of time for examination.
- Let each hour of the past day gently pass by your experience. Linger as you remember the experiences.
- Reflect on the ways in which God *was present* to you AND *how you responded* to Him (positively or negatively)? *or ignored him*
 - Where do you see God at work? Did you see Him in your joy, fears, suffering, work, play? In acts of service, study? In someone's encouragement, correction, or prayer? In an event, person, sound, sunset, music, or action?
 - When or where in the past 24 hours did you feel you were cooperating most fully with God's action in your life?
 - When or where in the past 24 hours did you feel you were resisting God's presence and action? Are there actions or thoughts that require God's forgiveness? The pardon of others?
 - What feeling and thoughts are emerging as you look back over the past 24 hours?
- In what ways do you believe God may be calling you to new awareness, a change of heart or a different action?

3. Close with a Word of Thankfulness to God:

- Thank God for whatever you have received
- Ask for the grace, perseverance, and courage to live out the change that needs to be made as a result of your Examen
- Express these feelings through journaling, body posture, words, in some art medium, singing, etc.
- If possible, share your reflections and discoveries with a good friend or your Soul Care group

Frequency - Try doing this prayer exercise once or twice a day - or at least once weekly

Check out this web site:

<http://www.pray-as-you-go.org/>

• These are adapted from - "Prayer of the Examen" - http://www.fpcberkeley.org/cr_examen.asp